Breville

the Kinetix® Pro Blender

Instruction Booklet

BBL800

CONGRATULATIONS

on the purchase of your new
Breville product

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BREVILLE RECOMMENDS SAFETY FIRST

At Breville we are very safety conscious. We design and manufacture consumer products with the safety of you, our valued customer, foremost in mind. In addition we ask that you exercise a degree of care when using any electrical appliance and adhere to the following precautions.

IMPORTANT SAFEGUARDS

READ ALL INSTRUCTIONS BEFORE USE AND SAVE FOR FUTURE REFERENCE

- Remove any packaging material and promotional labels before using the Kinetix® Pro Blender for the first time.
- To eliminate a choking hazard to young children, remove and safely discard the protective cover fitted to the power plug of the appliance.
- Do not place the Kinetix® Pro Blenderg operation. Ensure that the surface is level, clean and free of water, flour and other substances. Vibration during operation may cause the appliance to move.
- Do not place the Kinetix® Pro Blender on or near a hot gas or electric burner, or where it could touch a heated oven.
- Do not use the Kinetix® Pro Blender on uneven metal surfaces for example, a sink drain board.
- Always ensure the Kinetix® Pro Blender is properly assembled before use. Refer to Assembling your Breville Blender.
- Use only the blender jug and lid supplied with the Kinetix® Pro Blender.
- Always ensure the blender lid is firmly positioned on the blender jug before operating.
- Do not leave the Kinetix® Pro Blender unattended when in use.
- Always ensure the Kinetix® Pro Blender is turned off by pressing the POWER button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have completely stopped before attempting to move the appliance, or when the Blender is not in use and before disassembling, cleaning and storing.
- If food becomes lodged around the blending blade, turn the Kinetix® Pro Blender off by pressing the POWER button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Make sure the motor and blades have stopped before removing the jug from the motor base. Use a spatula to dislodge or stir the food before continuing. Do not use fingers as the blades are sharp.
- Keep hands, fingers, hair, clothing, as well as spatulas and other utensils away from the blender jug during operation. Never place your fingers, hands or utensils inside the blender jug without unplugging the appliance from the power outlet.
- In the unlikely event of an excessive load, the blender is equipped with electronic protection which will safely shut down the unit. If this occurs, unplug the blender and allow it to rest for 30 minutes. None of the recipes in this instruction book are considered a heavy load.

- Be careful when handling the blending blade assembly as the blades are very sharp. Be careful when emptying the blender jug and during cleaning. Mishandling of the blades may cause injury.
- Do not remove the blender jug from the motor base whilst in operation.
- Do not use the Kinetix® Pro Blender for anything other than food and/or beverage preparation.
- Do not operate the Kinetix® Pro Blender without food or liquid in the blender jug.
- Do not process hot or boiling liquids. Allow to cool before placing into the blender jug.
- Do not subject the blender jug to extremes of hot or cold, for example placing a cold jug in hot water or vice versa.
- Always visually inspect the blade assembly before each use. If the blades appear bent or damaged, or if discoloration of the plastics noted, please contact your Breville service centre.
- Keep the appliance clean. Refer to care and cleaning.
- The motor is protected from burning out by an automatic, temperature operated, cut-out switch. If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the buttons will start to flash and the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

SAVE THESE INSTRUCTIONS

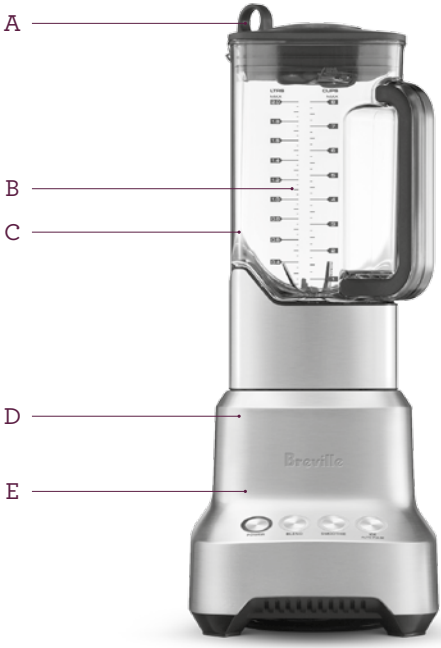
IMPORTANT SAFEGUARDS FOR ALL ELECTRICAL APPLIANCES

- Fully unwind the power cord before use.
- Do not let the power cord hang over the edge of a bench or table, touch hot surfaces or become knotted.
- To protect against electric shock do not immerse the power cord, power plug or appliance in water or any other liquid.
- The appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Children should be supervised to ensure that they do not play with the appliance.
- It is recommended to regularly inspect the appliance. To avoid a hazard do not use the appliance if power cord, power plug or appliance becomes damaged in any way. Return the entire appliance to the nearest authorised Breville Service Centre for examination and/or repair.
- Any maintenance other than cleaning should be performed at an authorised Breville Service Centre.
- This appliance is for household use only. Do not use this appliance for anything other than its intended use. Do not use in moving vehicles or boats. Do not use outdoors. Misuse may cause injury.
- The installation of a residual current device (safety switch is recommended to provide additional safety protection when using electrical appliances. It is advisable that a safety switch with a rated residual operating current not exceeding 30mA be installed in the electrical circuit supplying the appliance. See your electrician for professional advice.

KNOW

your Breville product

KNOW YOUR BREVILLE PRODUCT



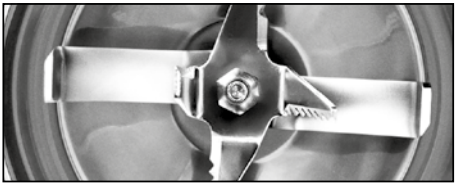
A. **Easy One Finger Removal**
Breville Assist™ Lid for easy handling.

B. **Light Weight Jug**
2 litre jug is remarkably strong and lightweight.

C. **Dishwasher Safe**
The one-piece blade is ergonomically designed for ease of cleaning. Both jug and blade are dishwasher safe.

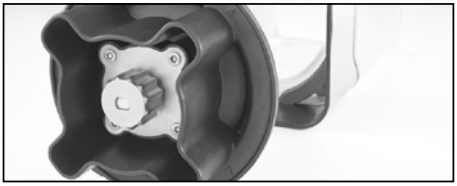
D. **Premium Materials**
Stainless steel and die-cast construction for durability.

E. **Intelligent engineering**
Powerful 2000 watt motor and highly efficient blades results in quiet operation.



Surgical Grade Stainless Steel Blades

To ensure the blades stay sharp longer they are made from surgical grade stainless steel. The central blades are serrated for extra cutting performance.



Blade removal

The one piece blade removal system is ergonomically designed for ease of cleaning.

ASSEMBLING

your Breville product

BEFORE FIRST USE

Before using your Breville product for the first time, remove any packaging material and promotional labels. Ensure the appliance is switched off at the power outlet and the power cord is unplugged.

Wash the lid, inner lid, blender jug and blade assembly (refer to Disassembling the blender) of the Breville product in warm, soapy water with a soft cloth. Rinse and dry thoroughly. The motor base can be wiped with a damp cloth. Dry thoroughly.

The lid, inner lid, blade assembly and silicon seal may be washed in the dishwasher in the top shelf only on a standard wash.
The blender jug may be placed in the bottom shelf.

NOTE

Ensure that the silicon seal is carefully placed completely around the blade assembly, prior to inserting into the jug, as this will prevent leakages.

1. To assemble the blender jug, place the silicon seal onto the blade assembly

2. Upturn the blender jug and insert the blade assembly into the jug base.

3. Turn the blade removal system anticlockwise until firmly screwed into position.

4. Place the motor base on a flat, dry surface such as a bench top. Ensure that the motor base is switched off at the power outlet and the power cord is unplugged. Turn the blender jug upright and insert onto the motor base. The handle of the blender jug can be positioned to the left or right hand side of the appliance.
5. Plug the power cord into a 230/240v power outlet and switch on.

OPERATING

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OPERATING YOUR BREVILLE PRODUCT

1. To turn the blender on press the POWER button on the far left of the control panel. The POWER button will illuminate and flash indicating the blender is powered on. When the jug is placed on the base all lights will illuminate signalling the blender is ready for use.

NOTE

When using your for the first time, you may notice an odour coming from the motor. This is normal and will dissipate with use.

2. Add food or liquid into the blender jug ensuring not to exceed the MAX mark.
3. Place the blender lid firmly into position on the top of the blender jug. If not already in place, insert the clear inner lid into the blender lid and turn clockwise or anticlockwise to lock into position.

NOTE

When the blender jug is filled at or near the MAX line, place one hand on the blender lid to avoid displacement of the lid during operation. Do not blend hot ingredients, allow to cool before placing into the blender jug.

4. The Blender features a Breville Assist Lid™ for easy handling. This allows the lid to fit tightly onto the blender jug, avoiding displacement during operation. The ring pull design allows the user to easily remove the lid with a simple leverage action.
5. Select the required function (BLEND, SMOOTHIE or ICE/AUTO PULSE) by pressing the corresponding function button. The blender will start to operate and only the selected function button will illuminate. The POWER button will continue to flash. The speed can be changed at any time during the blending process. Each time a new function is selected its button will illuminate and the previous function button illumination will go out.
6. For ice-crushing or ingredients that require short bursts of power, select the ICE/AUTO PULSE button. The blender will start to operate and the ICE/AUTO PULSE button will illuminate. The POWER button will continue to flash. The pre-programmed functions have been designed to run for a specific time. To operate these functions simply press desired function button once only and release — automatically preprogrammed function will begin.

NOTE

Operate the blender only for the appropriate amount of time required. The Blender will automatically stop blending on the Blend function after 120 seconds (2 minutes) and after 60 seconds (1 minute) on the SMOOTHIE and ICE/AUTO PULSE functions to avoid over processing.

FUNCTION	PROGRAMMED TIME
BLEND	120 seconds(2 minutes)
SMOOTHIE	60 seconds(1 minute)
ICE/AUTO PULSE	60 seconds(1 minute)

NOTE

The SMOOTHIE function has a unique processing technique that blends the denser ingredients at a lower function, then increases as ingredients thicken. This may happen several times while blending smoothies.

7. To stop blending at any time, press the selected speed button. The POWER button can also be pressed.
8. At the end of use, always ensure the Blender is turned off by pressing the POWER button on the control panel. Then switch the appliance off at the power outlet and unplug the cord. Ensure the motor and blades have completely stopped before attempting to move the appliance, or when the Blender is not in use and before disassembling, cleaning and storing.

NOTE

During the blending process, ingredients may stick to the sides of the blender jug. To push the food back onto the blades, press the POWER button on the control panel and switch off at the power outlet and remove the power cord. Remove the lid and use a plastic spatula to scrape down the sides of the jug. Replace the lid before recommencing blending.

NOTE

If the blades become stuck, the blender will automatically turn off. To reset turn the blender off at the power outlet, clean jug with spatula and then turn back on, blender will reset.

NOTE

If any moisture or liquid appears on top of the motor base during blending, press the POWER button on the control panel, switch off at the power outlet and remove the power plug. Remove the blender jug. Wipe the motor base immediately with a dry cloth or paper towelling to absorb the liquid. Check the blender jug is correctly assembled.

DISASSEMBLING

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DISASSEMBLING YOUR BREVILLE PRODUCT

1. Always ensure the Blender is switched off by pressing the POWER button on the control panel. Then switch off at the power outlet and unplug the power cord.
2. Remove the blender jug from the motor base by grasping the handle and lifting the jug in an upward direction.
3. Remove the blade assembly by upturning the blender jug and turning the blade removal system clockwise then lift upwards and away from the base of the blender.

4. Remove the silicon seal from the blade assembly.

CARE & CLEANING

for your Breville product

CLEANING THE MOTOR BASE

1. Wipe the motor base with a soft, damp cloth then dry thoroughly.
2. Wipe any excess food particles from the power cord.

NOTE

Do not use abrasive scouring pads or cleaners when cleaning the parts or motor base as they may scratch the surface.

NOTE

The lid, inner lid, blade assembly and silicon seal may be washed in the dishwasher in the top shelf only on a standard wash. The blender jug may be placed in the bottom shelf.

CLEANING THE BLENDER JUG, LID, INNER LID AND BLADE ASSEMBLY

1. Wash all parts in warm soapy water with a soft cloth. Use a kitchen bottle brush to dislodge stubborn foods. Rinse and dry thoroughly.

REMOVING STUBBORN OR STRONG FOOD STAINS AND ODOURS

Strong smelling foods such as garlic, fish and some vegetables such as carrots may leave an odour or stain on the blender jug and lid. To remove, soak blender jug and lid for 5 minutes in warm soapy water. Then wash with a mild detergent and warm water, rinse well and dry thoroughly.

STORAGE

Store your Blender upright with the blender jug, lid and inner lid assembled and inserted on the motor base or beside it. Do not place anything on top.

NOTE

The blending blades are extremely sharp. Avoid any contact with fingers and hands. Use caution when handling and storing.

CARE & CLEANING

FOOD	PREPARATION & USAGE	QUANTITY	FUNCTION	TIME
Lean meat/ poultry	Trim excess fat and sinew, cut into 2cm cubes Use: mince	250g	Blend or Ice/ Auto Pulse	10-20 secs
Fish/seafood	Remove skin and bones and cut into 2cm cubes Use: mince	300g	Blend or Ice/ Auto Pulse	10-15 secs
Raw vegetable	Peel and cut into 1.5-2cm cubes Use: stuffing, filling, puree, soup	200g	Ice/Auto Pulse	10-30 secs
Nuts	Remove shells Use: cakes, toppings, pastes	200g	Ice/Auto Pulse	10-30 secs
Bread or biscuit crumbs	Cut bread into 2cm pieces, break up biscuits Use: cheesecake crust	100g	Ice/Auto Pulse	10-30 secs
Mayonnaise	Mix the egg yolk and vinegar. Add the oil Use: dressings	125g	Blend Blend	10-15 secs then 30-60 secs
Whipped cream	Add sugar or vanilla if desired Use: topping	300ml	Blend or Ice/Auto Pulse	10-15 secs
Herbs/spices	Whole or halved Use: pastes, sauces	1 cup	Blend or Auto Pulse	20-30 secs
Smoothie	Milk, whole fresh fruits, yoghurt, ice cream Use: milkshakes, frappes	Max 800 ml	Smoothie	60 secs
Fresh fruit	Chopped whole berries Use: dessert sauce	250g	Blend	20-30 secs
Dried Fruit	Chopped dry fruit Use: fruit mince	300g	Ice/Auto Pulse	20-30 secs
Ice	Crush Use: mixed drinks, cocktails	250g	Ice/Auto Pulse	10-20 secs

NOTE

This blending chart should be used as a guide only.

DO'S

- Use the Blend function for drink or cocktail making, emulsions such as mayonnaise, dressings, marinades and foods that require mixing until just combined, such as batters, also for pureeing soups and aerating liquids.
- Use a combination of the BLEND and ICE/AUTO PULSE functions to suit the foods being processed.
- Use the SMOOTHIE function to blend fruits, ice cream and yoghurts into thick smoothies, whips and milkshakes.
- Use the ICE/AUTO PULSE function for foods that only require short bursts of power such as chopping nuts and crushing ice.
- Use the ICE/AUTO PULSE function with short bursts of power, when blending drinks containing ice cubes or frozen fruit.
- Ensure all foods are cut into cubes (approx. 2cm square) where appropriate to achieve an even result.
- Do not put more than 2 cups of warm ingredients into the Blender before blending commences. After the blending process has begun and the blades are turning you may slowly add another 1½ cups of ingredients through the opening in the lid if desired.
- Thick mixtures puree more efficiently if the blender is ¼ to ½ full.
- When using several ingredients, place liquid ingredients in the blender jug before solid ingredients, unless specified in the recipe. When blending thick or dry mixtures it may be necessary to stop the blender and scrape down the sides of the blender jug with a plastic or rubber spatula, once or twice during blending.

DON'TS

- Do not use metal utensils as they may damage the blades or blender jug.
- Do not operate a heavy mixture for more than 10 seconds. For normal blending tasks, for example, mayonnaise, dressings etc., do not operate for longer than 2 minutes at one time without turning off the blender and stirring the ingredients, and then continue blending.
- Do not operate the blender without having the blender lid in position. To add additional ingredients whilst blending, remove the inner lid and place ingredients through the opening in the lid.
- Do not place any objects, other than food or liquid, into the blender whilst the motor is running.
- Do not use the blender jug to store food.
- The blender will not knead dough or mash potatoes.
- Do not remove the blender jug while the blender is operating. Always make sure the blender is switched off by pressing the POWER button, switch off the power at the power outlet and unplug the power cord from the power outlet.
- Do not overload the blender with more than the specified quantity of ingredients as doing so could cause the motor to stall. Turn the blender off by pressing the POWER button on the control panel, switch off the power at the power outlet and unplug the cord. Remove a portion of the mixture from the blender jug before continuing.
- Do not place hot or boiling ingredients into the blender; allow to cool before placing into the blender jug.
- Do not place the blender near the edge of a bench or table during operation. Ensure that the surface is level, clean and free of water, flour and other substances. Vibration during operation may cause the appliance to move.

TROUBLESHOOTING

TROUBLESHOOTING

POSSIBLE PROBLEM	EASY SOLUTION
Motor doesn't start or blade doesn't rotate	• Check that the blender jug is securely locked into position. • Check that the blade assembly is correctly attached to the base of the blender jug. • Check that the POWER button and selected function or speed setting is illuminated. • Check that the power plug is securely inserted into the power outlet and switched on.
Food is unevenly chopped	• Either too much food is being blended at one time or the pieces are too large. • Try cutting food into smaller pieces of even size and processing a smaller amount per batch. • For best results, the food should be chopped into pieces no larger than 2cm.
Food is chopped too fine or is watery	• The food is over processed. Try using the ICE/AUTO PULSE function or process for a shorter time.
Food sticks to blades and jug	• The mixture may be too thick. Try adding more liquid to the mixture and/or use another function
Overload blender	• The motor is protected from burning out by an automatic, temperature operated, cut-out switch. • If the blender is overloaded or operated continuously for too long, the motor may overheat. If this happens, the buttons will start to flash and the safety cut-out switch will prevent the blender from operating. To operate the blender again, you must switch off at the power outlet, unplug and allow to cool for approximately 30 minutes. Once the motor has fully cooled, it is ready for use again.

RECIPES

EGGPLANT DIP

Makes approximately 2 cups

INGREDIENTS

2 large eggplants
oil spray
2 cloves garlic
1 tablespoon lemon juice
2 tablespoons olive oil
1 teaspoon sea salt
½ teaspoon ground cumin
2 tablespoon chopped fresh parsley
Freshly ground black pepper
Fresh or toasted Lebanese bread

METHOD

1. Preheat oven to 200°C. Spray eggplants lightly with oil spray. Place into a baking dish and bake for about 40 minutes or until skin is begins to darken.
2. Add garlic to baking dish and continue baking eggplant and garlic until garlic is softened and eggplants are blackened and blistered all over. Remove from oven.
3. Place eggplants into a plastic bag and set aside until cool enough to handle.
4. Remove skin from eggplants and discard, roughly chop the flesh and place into blender jug with garlic, lemon juice, olive oil, salt and cumin. Place lid on jug.
5. Select BLEND and process until mixture is almost smooth, scraping down the sides of blender if necessary.
6. Pour into bowl and stir through parsley and season with black pepper.

Serve dip with fresh or toasted Lebanese bread.

ROAST BEETROOT DIP

Makes approximately 2 cups

INGREDIENTS

4 medium beetroot
1 garlic bulb
2 teaspoons lemon juice
1 tablespoon horseradish
¼ cup light olive oil
Salt and freshly ground black pepper
Turkish bread to serve

METHOD

1. Preheat oven to 200°C. Wash beetroot well and pat dry. Cut top off garlic and place beetroot and garlic onto a baking tray and drizzle with oil. Bake for 30 minutes then remove garlic and turn beetroot over and cook beetroot for a further 15-20 minutes or until the beetroot is tender. Set aside to cool completely.
2. Once beetroot is cool peel off skin and cut into quarters. Squeeze garlic out of skin.
3. Place beetroot and garlic and remaining ingredients into blender jug. Place lid on jug. Select BLEND and process until combined, scraping sides if necessary.

Serve dip chilled with Turkish bread.

HUMMUS

Makes approximately 2½ cups

INGREDIENTS

2 x 400g can chick peas, rinsed and drained
2 cloves garlic
⅓ cup warm water
¼ cup tahini
¼ cup lemon juice
1 teaspoon ground cumin
Sea salt and fresh ground black pepper to taste
Extra virgin olive oil, to serve
Fresh Turkish or Lebanese bread to serve

METHOD

1. Place chick peas, garlic, water, tahini, lemon juice and cumin into the blender jug. Place lid on jug.
2. Select BLEND and process, blend until mixture is smooth, scraping down sides of blender during processing if necessary. Season to taste.

SPINACH, PARMESAN AND CASHEW DIP

Makes approximately 1 cup

INGREDIENTS

75g baby spinach leaves
1 clove garlic
⅓ cup unsalted toasted cashews
75g parmesan, chopped into 1cm pieces
⅓ cup olive oil
2 teaspoons lemon juice
salt and freshly ground black pepper

METHOD

1. Combine all ingredients except salt and pepper into the blender jug in the order listed. Place lid on jug.
2. Select BLEND and process until all the ingredients are chopped as desired; scrap down side if necessary. Do not over process and it should be slightly chunky.

Season to taste and serve with crackers.

TIP

Dip will keep fresh for 1 day.

MAYONNAISE

Makes approximately 1 cup

INGREDIENTS

2 egg yolks
1 teaspoon Dijon mustard
1 teaspoon salt
1 tablespoon lemon juice
½ cup olive oil
½ cup grape seed oil

METHOD

1. Combine yolks, mustard, salt and lemon juice into the blender jug. Place lid on jug. Select BLEND and process until combined.
2. With blender running on slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.
3. Transfer to an airtight container and refrigerate for up to 1 week.

GARLIC AIOLI

Makes approximately 1 cup

INGREDIENTS

1 whole bunch garlic
2 egg yolk
1 tablespoon lemon juice
1 cup vegetable or olive oil
Salt and pepper, to taste

METHOD

1. Pre-heat oven to 200°C.
2. Slice the top off the garlic bulb and wrap in foil. Place onto an oven tray and roast for 30 minutes or until garlic is softened and fragrant.
3. Remove from the oven and allow to cool slightly. Squeeze garlic from the bulb.
4. Place egg yolks and lemon juice into the blender jug. Place lid on jug. Select BLEND and process until combined.
5. With the motor running on slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute. Add roasted garlic and season to taste.
6. Transfer to an airtight container and refrigerate for up to 1 week.

CAESAR DRESSING

Makes approximately 1½ cups

INGREDIENTS

2 tablespoons Dijon mustard
2 cloves garlic, crushed
2 tablespoons lemon juice
4-6 anchovy fillets, chopped
2 tablespoons sour cream or crème fraiche
½ cup grated parmesan cheese
½ cup olive oil
Sea salt and freshly ground black pepper
cos lettuce, to serve
shaved parmesan cheese, to serve
Crisp fried bacon pieces, to serve
croutons, to serve

METHOD

1. Place mustard, garlic, lemon juice, anchovies, sour cream and parmesan into blender jug. Place lid on jug.
2. Select Speed BLEND, blend 20 seconds or until ingredients are well combined.
3. With blender running on Speed BLEND, slowly pour oil through the inner measuring lid until mixture thickens, this should take about 1 minute.

Serve over crisp cos lettuce with grated parmesan cheese, crisp bacon and croutons.

PESTO SAUCE

Makes approximately 1½ cups

INGREDIENTS

2 cups firmly packed basil leaves (approx 1 large bunch basil)
2 cloves garlic
2 teaspoons lemon juice
1/3 cup pine nuts, toasted
60g grated parmesan cheese
½ cup olive oil
Salt and freshly ground black pepper

METHOD

1. Place all ingredients into blender jug in the order listed. Place lid on jug. Select Speed BLEND, blend until all ingredients are very finely chopped and almost smooth. Scrape down sides of blender if necessary.
2. Spoon into an airtight container and chill until ready to use.

TIP

Pesto will keep in an airtight container in the refrigerator for a few days. Pour a little extra oil over the top of the pesto and place a piece of plastic wrap on top of the pesto. This will prevent excess browning.

LEEK AND POTATO SOUP

Serves 4

INGREDIENTS

40g butter
1 tablespoon olive oil
2 leeks, thinly sliced
750g potatoes, roughly chopped
1 litre chicken stock
Salt and white pepper
Chopped chives, to serve

METHOD

1. Heat butter and oil in a large saucepan, add leeks and cook, stirring, for 3-4 minutes until softened. Add potatoes and stock. Bring to the boil then reduce heat and cook, covered, for about 20 minutes or until potatoes are soft. Remove from heat and allow soup to cool slightly.
2. Blend soup in batches with lid on jug on Speed BLEND until just blended.
3. Return pureed soup to saucepan; season to taste and heat on low until hot.

Serve soup topped with fresh chopped chives.

TIP

If soup becomes too thick when cooking or blending add a little extra stock or water.

CHICKEN, CORN AND GINGER SOUP

Serves 4

INGREDIENTS

1 tablespoon peanut oil
4 green onions, thinly sliced
5cm piece fresh ginger, finely chopped
3 cups fresh or frozen corn kernels
1 litre chicken stock
1 tablespoon soy sauce
1 tablespoon shao xing cooking wine
½ teaspoon sesame oil
2 small chicken breast fillets, thinly sliced
¼ cup roughly chopped fresh coriander leaves (optional)
White pepper

METHOD

1. Heat oil in a large saucepan, add onions and ginger and cook, stirring, for 2 minutes. Add corn and cook, stirring occasionally, for a further 3-4 minutes.
2. Add stock and bring to the boil; reduce heat and simmer for 10 minutes. Remove from heat and allow to cool slightly.
3. Spoon soup, no more than half full into the blender jug. Place lid on jug. Select BLEND and process until smooth. Return pureed soup to remaining soup in saucepan with soy, wine, sesame and chicken. Cook on a medium high heat until soup starts to simmer and chicken is just cooked through.

Serve with fresh chopped coriander and white pepper to taste.

TIP

Shao xing is a Chinese cooking wine and is available from Asian grocery stores and some supermarkets.

MEDITERRANEAN SOUP

Serves 4-6

INGREDIENTS

2 tablespoons olive oil
2 red onions, quartered
5 cloves garlic
1 large fennel, cut into thin wedges
3 zucchinis, roughly chopped
2 red capsicum, quartered and seeded
2 green capsicum, quartered and seeded
1-2 tablespoons olive oil
Salt and freshly ground black pepper
1 litre chicken or vegetable stock
2 x 400g can chopped tomatoes
⅓ cup shredded fresh basil leaves

METHOD

1. Preheat oven to 200°C. Place onions, garlic, fennel, zucchini and capsicums into a large baking dish; drizzle with oil and season with salt and pepper. Bake in oven for about 30 minutes or until vegetables are tender.
2. Place vegetables into a saucepan with stock and chopped tomatoes. Bring mixture to the boil and cook for a 10 minutes. Allow soup to cool slightly.
3. Spoon soup, no more than half full into the blender jug. Place lid on jug. Select BLEND and process until smooth.
4. Return pureed soup to saucepan with basil leaves to heat through. Season to taste.

THAI SWEET POTATO SOUP

Serves 4

INGREDIENTS

2 tablespoons oil
1 large brown onion, chopped
2 cloves garlic, chopped
1-2 tablespoons red curry paste
1 kg peeled, chopped sweet potato
1 litre chicken stock
270ml can light coconut cream
Salt and pepper
chopped fresh coriander, to serve

METHOD

1. Heat oil in a large saucepan, add onion, garlic and curry paste and cook, stirring for 4 to 5 minutes or until onion has softened and curry paste is fragrant.
2. Add sweet potato and stock and bring to the boil. Lower heat and simmer covered for 25 minutes or until sweet potato is soft. Remove from heat and allow soup to cool slightly.
3. Spoon soup, no more than half full into the blender jug. Place lid on jug. Select BLEND and process until smooth.
4. Return pureed soup to saucepan with coconut milk; season to taste and heat on low until hot.

Serve with fresh coriander.

RICOTTA PANCAKES

Makes 6 to 8

INGREDIENTS

3 eggs
200g fresh ricotta
½ cup milk
¾ cup self raising flour
1 ½ teaspoons baking powder
2 tablespoons caster sugar
Unsalted butter for greasing
fresh berries, to serve
maple syrup, to serve

METHOD

1. Place eggs, ricotta, milk, flour, baking powder and caster sugar into blender jug. Place lid on jug.
2. Select BLEND and process, blend for 10 seconds. Scrape sides down if necessary then blend for a further 5 seconds. Do not over process.
3. Heat a heavy base frying pan or griddle over a low to moderate heat. Lightly grease with butter.
4. Spoon about 2 heaped tablespoons of the mixture into pan and cook until golden brown on both sides.

Serve with fresh blueberries and maple syrup.

TIP

For berry pancakes pour mixture into pan; top with several fresh berries before flipping over and cooking other side.

QUICK TEACAKE WITH CINNAMON SUGAR

Serves 8

INGREDIENTS

2 eggs
⅔ cup milk
1 teaspoon vanilla extract
125g butter, melted
1 cup caster sugar
2 cups self raising flour

Cinnamon topping

20g butter, melted
1 tablespoon caster sugar
1 ½ teaspoons ground cinnamon

METHOD

1. Preheat oven to 160°C with fan. Grease and line a 20cm cake pan with baking paper.
2. Combine ingredients in the order listed into the blender jug. Place lid on jug.
3. Blend on Speed PULSE until mixture is just combined. Scrape down any caught flour if needed.
4. Pour mixture into prepared pan and bake in oven for 50-60 minutes or until a wooden skewer inserted comes out clean.
5. Allow to cool for 5 minutes then turn out onto a cooling rack. Brush with melted butter and sprinkle with cinnamon topping. Allow to cool before serving.

INDIVIDUAL STICKY DATE PUDDINGS WITH BUTTERSCOTCH SAUCE

Makes 12

INGREDIENTS

200g dried seedless dates, coarsely chopped
1 teaspoon bicarbonate soda
1 ¼ cups boiling water
60g butter, softened
1 cup firmly packed brown sugar
1 cup self raising flour
2 eggs, lightly beaten

Butterscotch sauce

1 ¼ cup firmly packed brown sugar
1 cup pouring cream
125g butter

METHOD

1. Preheat oven to 180°C. Grease a ⅓ cup capacity muffin tray with oil spray.
2. Place dates, bicarbonate soda and boiling water into a heatproof jug; cover and stand for 5 minutes then carefully pour into blender jug. Place lid on jug.
3. Add butter and sugar and PULSE 2-3 times. Add remaining ingredients and PULSE mixture until just combined. Do not over process. Scrape down sides of jug if necessary.
4. Divide mixture evenly between holes of the muffin tray and bake for about 20 minutes or until cooked when tested with a wooden skewer. Remove from oven and stand for 5 minutes before turning out onto a wire rack.

Serve puddings warm with butterscotch sauce.

To make butterscotch sauce.

1. Combine all ingredients in a saucepan and cook, stirring, over a low heat until combined.

BAKED LEMON CHEESECAKE

Serves 8-10

INGREDIENTS

250g packet plain sweet biscuits
125g unsalted butter, melted
300ml carton sour cream
1 cup caster sugar
½ teaspoon vanilla extract
1 tablespoon finely grated lemon rind
4 eggs
750g cream cheese, at room temperature, cut into cubes

METHOD

1. Preheat oven to 160°C no fan. Line the base of a 23cm springform pan with non-stick baking paper. Place biscuits into blender jug. Place lid on jug.
2. Select ICE CRUSH or PULSE setting and blend until biscuits are finely crushed. Place into a bowl, add melted butter and mix well. Press biscuits mixture into the base and sides of a greased and lined. Use a straight-sided glass to spread and press the biscuit mixture firmly over the base and side of pan, leaving 1cm at the top of the pan. Refrigerate 10 minutes.
3. Meanwhile place sour cream, sugar, vanilla and lemon rind, eggs into the blender jug and blend with lid on, on speed BLEND until just combined. Turn blender off and add half of the cream cheese; replace lid and blend on speed BLEND for 30 seconds. Turn blender off and add remaining cream cheese, replace lid; and blend for a further 30 seconds or until mixture is smooth. Do not overmix.
4. Pour the cream cheese mixture into the base. Place the pan on a baking tray and bake for 1 ¼ -1 ½ hours or until just set in the centre. Turn oven off. Leave the cheesecake in oven, with the door ajar, for 2 hours or until cooled completely (this will prevent cheesecake from cracking). Refrigerate until well chilled.

BANANA SMOOTHIE

Serves 2

INGREDIENTS

2 ripe bananas, halved
2 cups chilled milk
2 scoops frozen vanilla yogurt or
1 cup vanilla yogurt and 6 ice cubes
1 tablespoon honey
Nutmeg, to taste

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

Serve immediately.

BREAKFAST SMOOTHIE

Serves 2

INGREDIENTS

1 cup orange juice, chilled
250g fresh strawberries, hulled
½ teaspoon grated orange rind (optional)
1-2 tablespoons rolled oats
2 scoops frozen fruit based yogurt

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

Serve immediately.

FRUIT FUSION

Serves 2

INGREDIENTS

1 cup/250ml pineapple juice
1 banana, chopped
1 orange, skin and pith removed then quartered
2 tablespoons passionfruit pulp
1 cup/250ml soda water

METHOD

1. Place pineapple juice, banana and orange in blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.
3. Stir in passionfruit pulp and soda water.

Serve immediately.

ICED MOCHA

Serves 2

INGREDIENTS

¼ cup/60ml cold espresso
2 scoops chocolate ice cream
1 ½ cups chilled milk
6 ice cubes

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

Serve immediately.

VANILLA MILKSHAKE

Serves 2

INGREDIENTS

2 cup chilled milk
3 scoops vanilla ice cream
½ teaspoon vanilla essence extract

METHOD

3. Place all ingredients into blender jug. Place lid on jug.
4. Blend using the SMOOTHIE setting.

Serve immediately.

STRAWBERRY MILKSHAKE

Serves 2

INGREDIENTS

2 cup chilled milk
3 scoops strawberry ice cream or
3 scoops vanilla ice cream + 10 strawberries

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

Serve immediately.

CHOCOLATE MILKSHAKE

Serves 2

INGREDIENTS

2 cup chilled milk
3 scoops chocolate ice cream
1 tablespoon chocolate syrup, optional

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Blend using the SMOOTHIE setting.

Serve immediately.

SUGAR SYRUP

Makes approx 1 ½ cups

INGREDIENTS

1 cup white sugar
1 cup/250ml water

METHOD

1. Place sugar and water into a heavy base saucepan and cook, stirring over a very low heat until sugar has dissolved.
2. Bring to the boil then reduce heat and simmer mixture for 5 minutes.
3. Remove from heat and allow to cool completely. Store in an airtight container in the refrigerator.

STRAWBERRY DAIQUIRI

Serves 2

INGREDIENTS

6-8 strawberries, hulled and quartered
60ml nip white rum
¼ cup/60ml fresh lime juice
¼ cup/60ml sugar syrup
12 ice cubes

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function and blend until ice is crushed.

Pour into 2 cocktail glasses to serve.

2 standard drinks

LIME AND MINT CRUSH

Serves 2

INGREDIENTS

2 limes, peeled and cut into 8 pieces
16-20 mint leaves
¼ cup/60ml sugar syrup
60ml nip white rum or vodka
8 medium ice cubes
1 cup/250ml soda water

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Select ICE CRUSH function or setting and blend until all ingredients are roughly chopped.

Pour into a glass, serve immediately.

2 standard drinks

MARGARITA

Serves 4

INGREDIENTS

60ml nip tequila
60ml nip cointreau
⅓ cup/80ml lime juice
¼ cup/60ml sugar syrup
12 ice cubes

METHOD

1. Place tequila, cointreau, lime juice, sugar syrup and ice cubes into blender jug. Place lid on jug.
2. Use ICE CRUSH function and blend until well combined and ice is crushed.

Serve in salt rimmed glasses.

4 standard drinks

PINA COLADA

Serves 2

INGREDIENTS

60ml nip white rum
¼ cup/60ml coconut cream
¾ cup/180ml pineapple juice
1 ½ tablespoons/30ml sugar syrup
10 ice cubes

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function or and blend until well combined and ice is crushed.

Serve immediately.

2 standard drinks

CUBA LIBRE

Serves 2

INGREDIENTS

60ml nip aged amber rum
1 lime, peeled and cut into 4 pieces
12 ice cubes

METHOD

1. Place all ingredients into blender jug. Place lid on jug.
2. Use ICE CRUSH function and blend until well combined and ice is crushed.

Serve immediately.

2 standard drinks

SEA BREEZE

Serves 2

INGREDIENTS

12-14 ice cubes
60ml nip vodka
½ cup/125ml orange juice
½ cup/125ml cranberry juice
½ cup/125ml ruby red grapefruit juice

METHOD

1. Place ice cubes in blender jug. Place lid on jug. Using ICE CRUSH function blend until finely crushed.
2. Spoon crushed ice into 2 large chilled glasses. Layer remaining ingredients in order listed over ice.

Serve immediately.

2 standard drinks

MANGO TANGO

Serves 2

INGREDIENTS

¾ cup/180ml mango nectar
½ cup/125ml orange juice
30ml nip white rum
30ml nip mango liqueur
¼ cup/60ml fresh lime juice
12 ice cubes
Mineral water to serve

METHOD

1. Place nectar, juices, ice cubes into blender jug. Place lid on jug. Use ICE CRUSH function and blend until well combined.
2. Pour into large chilled glasses and top with mineral water.

2 standard drinks

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